

7-11 JUNE 2019

UNFOLDING THE LOTUS

A 5-DAY PERSONAL AND PROFESSIONAL DEVELOPMENT
RETREAT WITH JACKI SHORT AND SABINA RABOLD

Jacki: +61 (0)411 209 802, Sabina: +61 (0)419 980 923

RELAX • INVIGORATE • FLOURISH

mindfulness
AND
creativity retreat

UBUD
BALI

Frequently Asked Questions

Who is this retreat for?

The retreat is offered to people from all walks of life. If you are in need of deep nourishment for body, mind and soul and wish to rejuvenate in the tranquil beauty of Bali while also opening to creativity and learning about mindfulness, this retreat is for you.

If you work in the helping professions you are eligible for 22 Professional Development points upon completion of the retreat.

When does the retreat start?

The retreat starts with a Welcome Reception at 6pm on the first day of the retreat. The Welcome Reception is integrated into the whole program and we look forward to welcoming you then. We will have dinner at Ananda and an introduction to the retreat. The introduction wraps up around 10 pm. We suggest that you arrive at least four hours before the Welcome Reception in order to check into your room and refresh for the evening. Many people arrive a day or two early to get into the Bali rhythm, catch up on rest, have a massage or two and have some time to enjoy the culture and people.

Can I bring my family, partner, children or friends?

While we acknowledge that overseas travel can be enjoyable to share with those close to us, the professional nature of this retreat suggests that we hold the retreat environment just for participants. Family and friends can certainly join you before or after for a Balinese holiday. If your partner, family member or friends want to enrol in the retreat as well, of course they are welcome. While your family/partner might be sharing your room during the retreat days we have found it essential that you have no family responsibilities so that you can gain the most benefit from the retreat.

Do I need to be creatively talented?

The creative focus of the retreat will be centered on the **process** of creation rather than the products of it. No particular talent for or experience with any form of creative media is required for this retreat.

7-11 JUNE 2019

UNFOLDING THE LOTUS

A 5-DAY PERSONAL AND PROFESSIONAL DEVELOPMENT
RETREAT WITH JACKI SHORT AND SABINA RABOLD

Jacki: +61 (0)411 209 802, Sabina: +61 (0)419 980 923

RELAX • INVIGORATE • FLOURISH

mindfulness
AND
creativity retreat

UBUD
BALI

Do I need experience in meditation or mindfulness?

No prior meditation or mindfulness experience is needed. The mindfulness practices are guided by an experienced teacher to offer nourishment for mind, heart and body. Practicing mindfulness invites a deeper connection to creativity, imagination and intuition.

Do I have to attend the morning sessions-I am on holiday and a seven am start is a bit early?

Yes, we strongly encourage you to attend the morning sessions as they offer a gentle way to wake up, deep rejuvenation and an integration of the theory taught in the sessions into life. Practicing meditation and mindfulness in the morning is a wonderful way to begin the day and creates a practice that is essential for the long term benefit of mindfulness.

Do I need travel insurance?

We do require you to take out travel insurance.

What are the contact details for Ananda Cottages?

Ananda Cottages www.anandaubud.com

Jl. Raya Campuhan, Ubud, Kec. Gianyar, Bali 80571, Indonesia



+62 361 975376

anandaubud@gmail.com

How do I get to Ananda Cottages from the airport in Denpasar?

While you can get any taxi we strongly recommend to arrange airport transfer through Ketut Sujana, our resident driver. Please email him some time prior to leaving Australia: sujanaketut16@gmail.com and let him know which flight you are on and what time your flight will get into Denpasar. You can also contact Sujana via What's App on **+62 813 3756 6608** either prior to your travels or when at the airport. If you have arranged an airport transfer with him, he or one of his drivers, will be at the airport waiting for you with a sign with your name and take you directly to Ananda Cottages. The transfer costs about A\$40 (cash) so if you in a group of up to 4 persons you can split the bill. Please pay Sujana directly. When you book just let him know that you are with Sabina and Jacki's retreat.

7-11 JUNE 2019

 **UNFOLDING THE LOTUS** 

A 5-DAY PERSONAL AND PROFESSIONAL DEVELOPMENT
RETREAT WITH JACKI SHORT AND SABINA RABOLD

Jacki: +61 (0)411 209 802, Sabina: +61 (0)419 980 923

RELAX • INVIGORATE • FLOURISH

mindfulness
AND
creativity retreat

UBUD
BALI

If I stay at Ananda Cottages before the retreat and leave afterwards how do I book?

If you are staying at Ananda Cottages before the start or after the finish of the retreat, please book and pay the additional accommodation with Ananda Cottages directly. While you can book online via their website or a website such as booking.com **we advise that you get in touch with the staff at Ananda directly via email so you can let them know that you are part of our retreat and confirm your extra dates with them directly.** Their email address is: anandaubud@gmail.com. It is important that you book extra accommodation well ahead of the retreat as it is peak season in Bali at that time.

Can I have my own room?

The accommodation costing is for single rooms or twin share rooms. All rooms have private bathrooms.

What if I have dietary requirements?

The breakfasts offer a wide variety of foods (including many different types of fresh fruit) served buffet style so you can choose the food that suits you. Dinner on the first evening will be vegetarian. Dinner on our last evening will be a mixture of vegetarian and non-vegetarian food. Please let us know on the registration booking form if you have requirements beyond this so that we can support you to have nutritious food while on retreat.

Will there be free time?

Yes! The retreat program will run for a number of hours each morning until 1pm. While there are some excursions planned, only one of these is part of the program so you can use your afternoons to rest, sightsee, shop or be pampered with massage treatments. The full retreat schedule is available on our website.

What is the Program Schedule each day?

We have a guided Yoga or Mindfulness practice between 7am and 8am. From 9am to 1pm the retreat group meets. Free time, excursions and integration of material are the focus for the remainder of each day and evening. The full retreat schedule is available on our website.

7-11 JUNE 2019

UNFOLDING THE LOTUS

A 5-DAY PERSONAL AND PROFESSIONAL DEVELOPMENT
RETREAT WITH JACKI SHORT AND SABINA RABOLD

Jacki: +61 (0)411 209 802, Sabina: +61 (0)419 980 923

RELAX • INVIGORATE • FLOURISH

mindfulness
AND
creativity retreat

UBUD
BALI

Are there any excursions planned?

We plan three excursions for the retreat on Days 2, 3 and 4. The excursion to Tirta Empul (Balinese Water Temple) is included in the cost of the retreat. The other two excursions are optional and incur a small fee that you may pay when you are there if you would like to participate.

EXCURSIONS

| | | |
|--|------|----------|
| Tirta Empul – Balinese Water Temple 2pm Saturday 8 th of June 2019 | Cost | Included |
| Balinese Dance and Music 6pm Sunday 9 th of June 2019 | Cost | \$30AUD |
| Balinese Mask Making Workshop 2pm Monday 10 th of June 2019 | Cost | \$60AUD |

The Cost for the excursions includes transfer and entry or workshop fees. Please book and pay for the Balinese Dance and Music and the Balinese Mask Making workshop at the start of the retreat. We will remind you of these excursions once we come together.

When does the program end?

The program ends at 1pm on the last day, 11th June.



How many people attend the retreat?

Between 10 and 22 people

Are meals and/or hotel accommodations included in the registration fee?

Retreat Registration includes tuition, accommodation, Tirta Empul excursion, course materials, Welcome Dinner on Day 1, Farewell Dinner on Day 4 and four breakfasts Other meals can be enjoyed at Ananda or in the many eateries in and around Ubud at your own cost.

7-11 JUNE 2019

 **UNFOLDING THE LOTUS** 

A 5-DAY PERSONAL AND PROFESSIONAL DEVELOPMENT
RETREAT WITH JACKI SHORT AND SABINA RABOLD

Jacki: +61 (0)411 209 802, Sabina: +61 (0)419 980 923

RELAX • INVIGORATE • FLOURISH

*mindfulness
AND
creativity retreat*

UBUD
BALI

I understand that I need to pay for the retreat ahead of time but when do I pay for any extra nights of accommodation?

While we arrange and pay for the bookings for your room for your retreat stay (June 7-11 2019) you will need to book now and pay for accommodation directly with Ananda at the conclusion of your stay. If you would like to book for additional nights before or after the Retreat, please arrange this directly with Ananda here: anandaubud@gmail.com. **Please mention that you are part of our retreat.**

What is the cancellation policy?

Please see the Retreat Registration Form for details

Can I share a room with another participant?

If you would like to share a room please indicate this on your Accommodation Booking Form. We cannot guarantee a roommate, but we will give you the names of participants who are also wishing to share. If you already know who you would like to share with please let us know their name on the Accommodation Booking form. If you are booking as a couple please use just one booking form.

How do I pay for things in Bali?

Many banks offer secure ATM facilities. Credit Cards are also widely accepted in hotels, restaurants and some shops. Markets and small shops will only accept cash.

What will the weather be like?

| Month | Min | Max | Average Rain | Average Humidity |
|-------|-----|-----|--------------|------------------|
| Aug | 23C | 31C | 55mm | 60% |

Are there entry requirements at Denpasar Airport?

Yes, there are a number of important things to know. Please be sure to read the information on the following websites:

<http://bali-airport.com/visa-on-arrival>

7-11 JUNE 2019

UNFOLDING THE LOTUS

A 5-DAY PERSONAL AND PROFESSIONAL DEVELOPMENT
RETREAT WITH JACKI SHORT AND SABINA RABOLD

Jacki: +61 (0)411 209 802, Sabina: +61 (0)419 980 923

RELAX • INVIGORATE • FLOURISH

mindfulness
AND
creativity retreat

UBUD
BALI

and

<http://www.bali.com/airport-dps-arrival-departure.html>

Do I need vaccination or other prophylactic treatment prior to travelling to Bali?

Please seek medical advice for your specific travel needs.

What is the exchange rate for my country?

For current exchange rates, we recommend <http://www.xe.com>

Can I earn professional development hours?

Yes, upon completion of all of the retreat you will receive a certificate of attendance with 22 PD hours stated.